

# SAFETY & TOTAL HEALTH DAY



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## Center's annual event 'a real winner' say employees

By Mary Peterson

Whether in conversation, by phone, or by e-mail, Safety & Total Health Day was a "WOW!" say employees from all parts of JSC and beyond. Even the vendors who participated echoed the sentiment, and many of them were already casting for return invitations to next year's event.

If you missed it, or for some reason could not take advantage of the day, it had the grand feel of the major event it was planned to be.

After taking part in safety and health education planned by each organization, employees soon hit the mall and nearby buildings to pursue information they could use or to learn some things they didn't know. And, they ran into a horn of plenty. With more than 100 booths and demonstrations to visit and opportunities to hear more than a dozen speakers, the question became not "What to do?" but, rather, "How can we get to everything we'd like to do?"

New this year were booths and seminars for those needing help in caring for

senior members of their families. The Senior Perspectives stop was a favorite, where information was dispensed about care relating to emotional, behavioral, developmental, psychiatric, and chemical dependency disorders. On the subject of practical choice, legal experts spoke in detail in their seminar about Medicare/ Medicaid, nursing care options, legal issues affecting the elderly, and estate planning.

With hunting season upon us, a lot of interest was shown at the Texas Parks & Wildlife booth, with its focus on hunter education. If you didn't know, hunter education became mandatory by law in Texas in 1988, and most, if not all, other states have it as well. Since 1972, TPW has certified more than 400,000 Texans, and this education is reciprocal with other states.

And, if national politics has piqued your interest in things environmental, then you would have liked the Houston Renewable Energy Group that counts JSC employees among its members. They work hard to raise interest and awareness in what can be done with our natural resources in terms of energy and have even extended their efforts to one of our local schools. Each year, they, along with volunteers, help fifth-graders at Ed White Elementary School design, build, and race solar-powered model cars, all the while teaching them engineering terminology and about renewable energy. If you missed the booth but would like to take part in a future outreach project, call Mike Ewert at x39134 for details.

On the lighter side, a visit to the Snake Sense booth, staffed by JSC employee Tom Wilks, also made some practical sense. One man studied the live snakes on exhibit and the colored photos with more than passing interest. He told Wilks that none of the snakes looked quite like the new inhabitant he had in his backyard, which

he described as "big around, black with a beige belly, and having a triangular-shaped head." With just one or two more questions, Wilks identified it as a probable cotton-mouthed water moccasin, a very poisonous customer, which, he said, will lose some of its more prominent markings as it ages, having a more solid look. "But I live a good two-tenths of a mile from the nearest creek?" puzzled the man. "No matter," Wilks told him, "they can, and will, travel a fair distance from water." Now that's news to use.

Aside from activities, employees were also generous in giving of themselves, literally, as 482 whole blood, 11 plasma, and 4 platelet donations were collected during the 3-day period that included S&TH Day.

The child car seat check, which is fast becoming a mainstay at major JSC events, accounted for 83 inspections during a 4-hour period.

By all accounts, S&TH Day 2000 lived up to its billing. If it brings about a greatly reduced lost workday rate (ideally, zero) that would be an even greater. ■



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## Ellington Field celebrates Safety & Total Health Day

A broad range of activities and information booths made S&TH Day at Ellington a success. More than 500 people from JSC's Aircraft Operations Division participated in the event.

There was something for everyone. Participating organizations ranged from blood pressure and depression screenings and acupuncture demonstrations to motorcycle safety and a presentation from the FAA on runway incursions and aircraft maintenance record keeping.

"It was great!" said Shirley Dowling, Lockheed Martin. "There was plenty of

information. I was very pleased with the choice of presenters, especially Officer Garmond."

Houston Police Officer Garmond discussed road rage and car jacking prevention while Friendswood Police Officer Pree enlightened people about personal protection.

Although the boat safety booth appeared to be the most popular, chair massages given by Bee Carter and Andrea Johnson of "Ahhh What a Massage" were a close second.

"There was a lot of variety," said

Sharon Davidson, GHG. "and the chair massage was GREAT!"

Beth Martin, Lockheed Martin Life-works Program, presented shared relaxation techniques and American Ref-Fuel offered other relaxation and stress reduction presentations. Hopping Eye Associates provided workplace eye care information and visual acuity testing.

Two bicycle helmets, donated by Pearland Cycles, were given away in a drawing as part of a bicycle safety presentation conducted by Tessilynn Knell, Lockheed Martin.

An aircrew emergency egress training was demonstrated and the Ellington Fire Department fire truck and the Houston Fire Department Hazardous Materials Response vehicle were on display. The day's activities ended with the S&TH Day Run/Walk.

"We have a saying at Ellington – 'Safety is everybody's job,'" said Knell. "Safety and Total Health Day gives us an excellent opportunity to remind everyone of the importance of being safe – at home, at work, and on travel." ■